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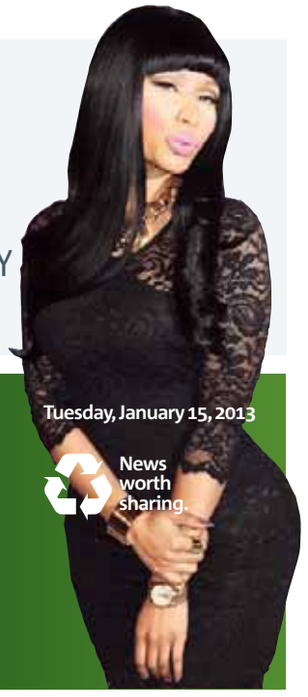
AMERICAN IDOL JUDGES DOWNPLAY FEUD AHEAD OF NEW SEASON PAGE 12



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Lance Armstrong's much-awaited CONFESSION

A source says cyclist Lance Armstrong has confessed to Oprah Winfrey that he used performance-enhancing drugs. See page 24 for more. THE ASSOCIATED PRESS FILE

Flames told to fib about flu shot, probe hears

Fabrication? Nurses get to testify on circumstances surrounding 2009 Flames flu clinic

Alberta's health-care inquiry heard testimony Monday that paperwork was fudged and that Calgary Flames players and their families were directed to lie in order to cover up the team receiving fast-tracked pandemic flu shots at a private clinic in 2009.

Calgary health nurse Debbie Hyman says while 150 of the Flames and their loved ones were getting the H1N1 shots in private at the office of team doctor Jim Thorne, hundreds of ordinary Calgarians were cussing, yelling, fainting, and fighting while standing in line for hours for the same shot at public clinics.

"There was a lot of anger (and) hostility," Hyman told retired Justice John Vertes, recalling conditions in the early days at the public clinics. "There were times where I felt unsafe. There were times where I felt the staff were being threatened."

Hyman was one of two nurses who testified about the NHL team getting the shots in late October 2009 to combat the deadly virus.

Nurse Michelle Bosch testified that Thorne, whom she knows through her husband, called her on the second day after the vaccinations were released to see what could be done for the Flames. She suggested a private clinic.

Both nurses testified that having the Flames come down to a public clinic would have resulted in a calamitous "sideshow," with people in line calling in the celebrity sighting to their friends and bringing a stampede of fans to their Brentwood facility.

In testimony to the inquiry last week, Thorne said he initially contacted Bosch out of concern for security if the Flames were to show up at a public clinic.

He testified that when Alberta Health Services told him the private session was OK, he went ahead with it. He was not asked whether he coached the Flames and their families to lie.

THE CANADIAN PRESS

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Transit staff helps out

Chinook commuters get used to the new normal

Chinook-area commuters missed buses and scrambled to find the right stops Monday morning, but found helpful guidance from Calgary Transit officials on hand.

Deb Foster gave herself an extra half hour to navigate the new transit system in the area, prompted by Monday's eight-month closure of Chinook Station for a complete overhaul that will allow it to accommodate four-car C-Trains.

"It's alright," Foster said of the interim bus system, which includes a shuttle to the 39th Avenue LRT station. "As soon as you look like you're lost there's a C-Train representative coming up and talking to you, which is good."

Calgary Transit spokesman Ron Collins said eight to 10 staff members were out Monday morning to guide commuters and serve up hot chocolate, too.

"With so many reps around — and they're all really friendly — it's making things a little bit easier," Foster said. "I think tomorrow will be a lot easier."

Dan Gingrich said the new bus stops were "confusing" and he wasn't sure where to wait for his bus.

"We just don't know if the 73 we catch here or over there," he said. "Like, there's nothing that says anything."

Collins said Transit officials would likely be back out on Tuesday to continue assisting commuters adapt to the new bus routes.

He also stressed that the C-Trains are running as normal through the Chinook Station; they simply aren't stopping there due to the renovations.

ROBSON FLETCHER/METRO

A police cruiser keeps guard of a large area on Brisebois Drive N.W. that was cordoned off during an investigation of a double-stabbing in a nearby house early Saturday. One victim, identified as 21-year-old University of Calgary student Brett Wiese, died as a result of his injuries. Friend and fellow student Colton Lewis remains in hospital recovering from his wounds, friends said Monday. METRO

Uninvited party guests charged in man's death

Party promoted online. Police say social media may have played role in stabbing of students

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Police are warning about the use of social media to promote gatherings after a weekend Calgary house party turned deadly.

Early Saturday, 21-year-old University of Calgary student Brett Wiese died of stab wounds while attempting to break up a fight at a residence in the 5100 block of Brisebois Drive N.W., family said.

Another student, identified by friends as Colton Lewis, remains in hospital also suffering from stab wounds inflicted during the confrontation.

Second-degree murder charges have now been laid against both 19-year-old Mitchell William Harkes and a minor who cannot be identified under provisions of the Youth Criminal Justice Act.

Police staff Sgt. Doug Andrus said it's believed the minor attended the party, which was promoted heavily through social media, but was sent away around 12:30 a.m.

The individual returned close to 3 a.m. with Harkes and seven other people, some of them armed, and confronted the party hosts.

Andrus said the vast majority of 60-100 people attending the party Saturday were peaceful and the university students living at the residence had even informed neighbours of the gathering; however, a few who were not formally invited appeared to stir trouble.

"Social media is a great way to exchange information; however, you cannot control who has access to that information," he noted.

Word of Wiese's death continued to spread through the University of Calgary community Monday and institution President Elizabeth Cannon offered her condolences in a message posted online.

Funeral

- A funeral for stabbing victim Brett Wiese will be held Friday in Ponoka.

"We are truly saddened by this tragedy, and have extended our deepest sympathies to Brett's family and his many friends here at the university ... we are a tight-knit campus community and I know we will support one another through this difficult time," Cannon wrote.

Friends of Lewis reached Monday confirmed him as the second victim of Saturday's stabbing but declined to comment further without permission from his family.

Ongoing investigation. Former cop facing new child-porn charges

Calgary police have laid charges against a former member for the second time, and are currently analyzing child pornographic material they allege he was in possession of.

Stephen Huggett, 58, was arrested at his home Friday and faces one count each of possession of child pornography, sexual assault with a firearm, extortion and criminal harassment.

Speaking to reporters about the charges Monday, police staff Sgt. Ryan Ayliffe pointed out the accused is six years removed from his term with Calgary Police Service and said investigators treated the case "promptly and professionally."

Sexual assault charge

Police also allege Stephen Huggett sexually assaulted a woman he was in a relationship with.

- "The victim is doing as well as she can given what she's been through," police staff Sgt. Ryan Ayliffe

Huggett was previously sentenced to nine years behind bars in 2009 after pleading guilty to possession of child porn. At the time, the accused claimed the material, which included violence against toddlers, was part of an ongoing investigation he was working on.

Ayliffe refrained from commenting on Huggett's past Monday.

"I'm not certain on the answer of how much time he spent in jail," Ayliffe said. "I do know when we started our investigations (in early 2012), he no longer had any prohibitions in place."

Huggett made a first appearance in court Monday. Ayliffe said investigators are still exploring the possibility of laying additional charges.

"By no stretch of the imagination is this finished on our end," he said. JEREMY NOLAIS/METRO

Oil prices. Tough budget ahead, Premier says

Alberta Premier Alison Redford is dropping more hints about a tough budget, but no hard facts on where the axe might fall.

Redford said Monday the recent drop in oil prices is costing her government $75 million in expected revenue each day.

"We know, as Albertans, that we go through volatile times, and this is certainly one of them," she said following a meeting with her government caucus.

"The work that we're doing right now with caucus, really productive meetings today, is to talk about what some of those tough choices might be."

Redford said Albertans want the government to live within its means while maintaining communities, health, education and infrastructure.

Alison Redford METRO FILE

With those areas making up the lion's share of government spending, Redford isn't saying where the cost savings might come from. THE CANADIAN PRESS

Startup Weekend. Mad, ridiculous ideas welcome at brainstorming session

Any idea, no matter how far-fetched, is not only accepted at Startup Weekend but encouraged.

From Feb. 8-10, entrepreneurs will pair up with tech-industry experts during the marathon 54-hour brainstorming session that is Startup Weekend.

"Startup Weekend is a very, very large organization. Its held in over 100 countries," said organizer Lloyed Lobo. "What this event does is attracts all types of people — people who build products, engineer products, design them. People from marketing and sales and other aspects of business."

Lobo explained this, the third Calgary Startup Weekend, is will be the largest with 60 people already registered. It will be held at Assembly Co-working Space.

KATIE TURNER/METRO

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14th Street bridge

Nenshi on the Idle No More blockade

Idle No More protesters have a right to express their views, but could choose more-effective methods, according to Calgary's mayor.

"You have to be respectful and you have to make sure you're not disrupting people's lives," Mayor Naheed Nenshi said Monday.

"Both from a legal perspective, but also as a long-time activist, that's a bad way to get community support."

Nenshi was responding to a question about a Saturday protest that blocked the 14th Street bridge for hours. METRO

New ER in the southeast gets little traffic — for now

Medical director Dr. Cheri Nijssen-Jordan says the facility's new emergency room will be bustling once people know it's open. ROBSON FLETCHER/METRO

South Health Campus. Medical director expects to see up to 60,000 patients a year

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's newest emergency room saw just 38 patients in its first eight hours of operation, but officials expect traffic will pick up soon.

That was the count at 3 p.m. Monday, according to South Health Campus medical director Dr. Cheri Nijssen-Jordan, after the medical facility opened to emergency care for the first time at 7 a.m.

"I predicted — and we did kind of an analysis — that we'd probably see about 50 today," Nijssen-Jordan said. "So we're pretty well on track for what I anticipated." Still, she said the initial volumes will be dwarfed by the number of people expected to visit the ER once more southeast Calgarians and people living in nearby communities learn that it's open.

"We anticipate that we'll be seeing between 40,000 and 60,000 patients per year," Nijssen-Jordan said.

Ald. Shane Keating welcomed the opening of emergency service, which he said is "desperately needed" in an area of the city that's experiencing "continual growth."

"There are no hospitals anywhere in the southeast," he said. "So it's going to be great for the city."

Day 1

"We have seen everything from seizures to lacerations to influenza, colds, runny noses, ear aches — the whole gamut of emergency problems."

Dr. Cheri Nijssen-Jordan on the health issues treated on the first day of the South Health Campus ER.

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Josh Baker. Family of soldier killed by friendly mine share their grief

Janet Baker says her life ended the day her son died in a training accident in Afghanistan nearly three years ago.

The mother of Cpl. Josh Baker was so emotionally fragile that she was already crying as she was assisted by a soldier on her way to speak at the sentencing of a Calgary reservist convicted in her son's death.

"I don't really have a life anymore. It's just an existence," said Baker through her tears.

"I'm just waiting for that time when my life is over and I can join my son," Baker said, her voice barely a whisper.

Baker was one of six witnesses called by the prosecution Monday to testify about what impact the accident had on them.

Last month, Maj. Darryl Watts was found guilty by a military jury of unlawfully causing bodily harm and negligent performance of military duty.

Josh Baker, 24, died when a Claymore anti-personnel mine loaded with 700 steel balls peppered the platoon on a practice range near Kandahar city in February 2010.

Four other soldiers were seriously injured.

Keven Ellis got to know the Baker family after the accident through an organization that provides support to military families.

He said he was worried about Janet Baker.

"I would say this woman has suffered the pain of five lifetimes," Ellis said.

"She would go to his grave every day for two or three hours. She has continued to do that to this day."

Master Bombardier Daniel Scott, who was one of the wounded in the accident, said he has a 25-centimetre scar on his chest to remind him of what happened.

"I was pretty lucky. It was unlucky to be hit, but the best thing is to be able to carry on," Scott said.

The prosecution argued that Watts, who was the platoon commander, turned a blind eye to safety standards and abdicated his duty as leader when he handed over responsibility to his second-in-command, who was an expert on the weapon.

The day of the accident, one mine's ball bearings fired backward, hitting Baker and the others.

Videos show several soldiers standing around watching the test. They are not inside armoured vehicles or standing behind them, as set out in Canadian Forces guidelines.

The maximum sentence for unlawfully causing bodily harm is up to 10 years behind bars.

THE CANADIAN PRESS

Half a kilogram

Vancouver man charged with trafficking $50,000 worth of cocaine on a bus to Calgary

Investigators busted a Vancouver man in Calgary earlier this month after he allegedly travelled on a Greyhound bus with around $50,000 worth of cocaine in tow.

According to the RCMP Calgary Drug Section, half a kilogram of cocaine was seized from the man's backpack on Jan. 4.

Officers were investigating something unrelated at the Calgary Greyhound Bus Terminal when they noticed a man arriving from Vancouver and began to question him.

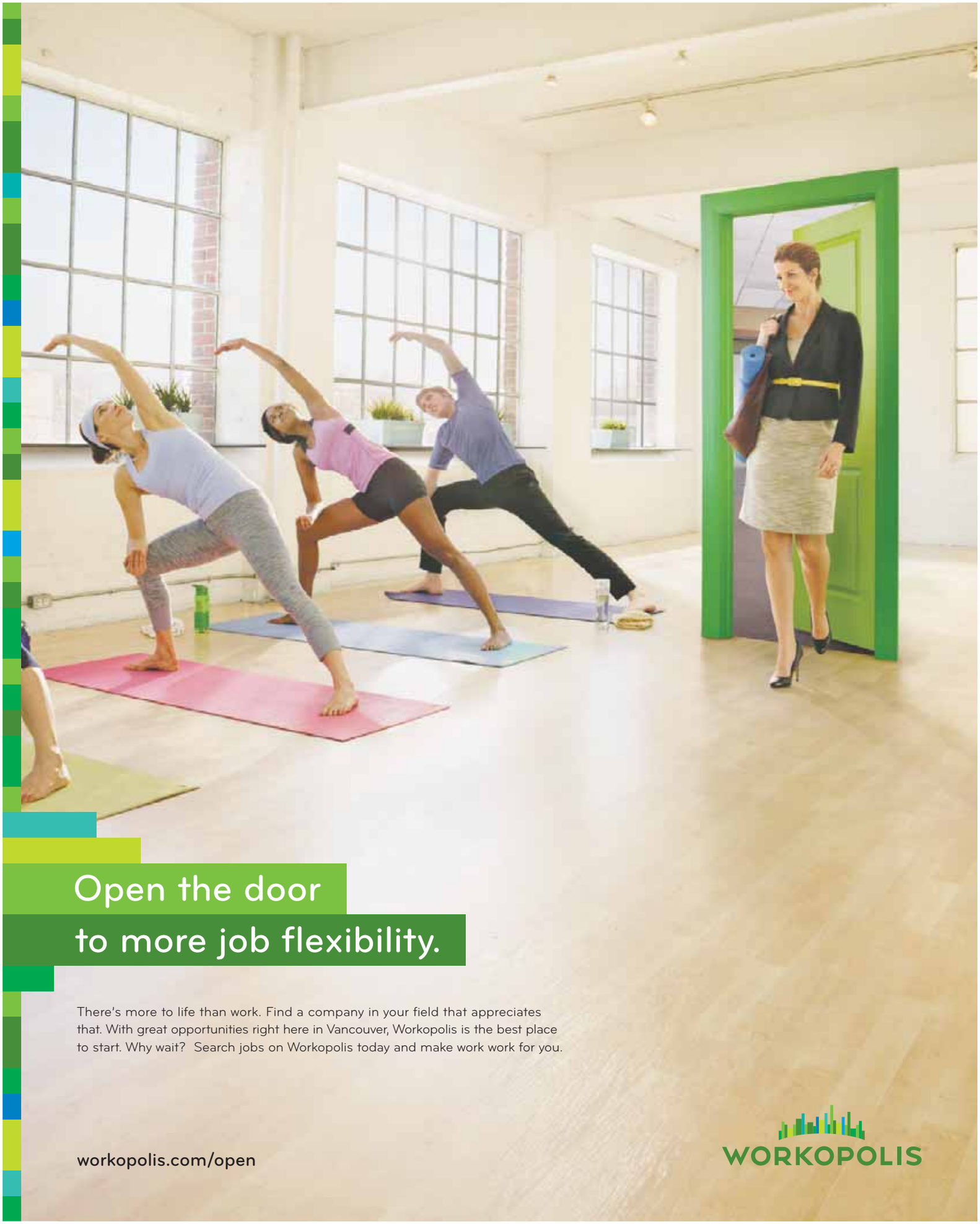
RCMP say that when the man was notified that he was being arrested for possession of cocaine, he immediately attempted to flee.

However, he was caught and taken into custody.

Than Thanh Nguyen, 35, has been charged with resisting arrest and possession for the purpose of trafficking.

He's expected to appear in court on Feb. 4.

METRO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Atleo. First Nations head taking sick leave amid leadership concerns

A sudden medical leave announced Monday by the head of Canada's largest aboriginal organization will delay — but not derail — pivotal talks between First Nations and Stephen Harper, says Aboriginal Affairs Minister John Duncan.

Duncan said there's little hope a one-on-one meeting between Harper and National Chief Shawn Atleo can still take place by Jan. 24 — a date that was floated during their contentious meetings last week.

Assembly of First Nations National Chief Shawn Atleo THE CANADIAN PRESS

The two leaders had agreed to talk to their respective teams and regroup soon in order to set out a concrete plan to implement the agreements reached last week on re-examining ancient treaties and aboriginal rights.

Duncan said he does not expect Atleo to return to work for at least another two weeks. Still, he said backroom work on the agreements reached last Friday will continue as planned, involving senior officials from the government and the Assembly of First Nations.

"No one has got certainty for when the national chief will return, but I took it that it would be at least two weeks away," Duncan said. "But we were thinking ... it would be at least that long before any further meeting got underway."

Atleo announced on Monday that his doctor has ordered him to take a "brief" sick leave despite the AFN being in the midst of a political crisis, with some chiefs and First Nations citizens questioning the group's authority.

Atleo came down with the flu before Christmas and never had a chance to beat it, said Jody Wilson-Raybould, the regional chief for British Columbia.

THE CANADIAN PRESS

Gone, but not forgotten

Jimmy Greene kisses his wife, Nelba Marquez-Greene, on Monday as he holds a portrait of their daughter, Sandy Hook school shooting victim Ana Marquez-Greene, formerly of Winnipeg, at a news conference at Edmond Town Hall in Newtown, Conn. One month after the mass school shooting at Sandy Hook Elementary School, the parents joined a grassroots initiative unveiled on Monday called Sandy Hook Promise, which supports solutions for a safer community. JESSICA HILL/THE ASSOCIATED PRESS

B.C. Supreme Court

Human-smuggling law struck down

Canada's human-smuggling law has been struck down by the British Columbia Supreme Court, leaving two high-profile prosecutions in limbo with a judge's advice that the federal government go back to the drawing board. He said the result could lead to the prosecution of people like humanitarian workers.

THE CANADIAN PRESS

Facebook fling

Kelly files for divorce from Kelly

It took a simple Facebook message from one Kelly Hildebrandt to another Kelly Hildebrandt to get the wheels of love turning.

When the virtual relationship blossomed despite geographical differences — she was from Florida, he from Texas — they became instant celebrities.

But it seems the two are no longer Facebook friends. The young couple filed for divorce in July, according to Broward County, Fla., court records. The case is pending.

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Oldest former U.S. prez.
George H.W. Bush gets out of hospital after 2 months

Former President George H.W. Bush was released from a Texas hospital and went home Monday after spending nearly two months being treated for a bronchitis-related cough and other health issues, a family spokesman said.

Bush, 88, the oldest living former U.S. president, was admitted on Nov. 23. His stay included a week in intensive care last month.

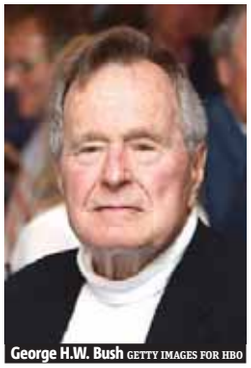
"I am deeply grateful for the wonderful doctors and nurses at Methodist who took such good care of me," Bush said in a statement released by spokesman Jim McGrath. "Let me add just how touched we were by the many get-well messages we received from our friends and fellow Americans. Your prayers and good wishes helped more than you know and as I head home my only concern is that I will not be able to thank each of you for your kind words."

Bush had been in the hospital for about a month before his office disclosed in late December that he was in intensive care because physicians were having difficulty controlling a fever that developed after the cough improved.

His office said on Dec. 29 that he had been moved back to a regular hospital room. Since then, his condition has continued to improve, and he has been undergoing physical therapy to rebuild his strength.

"Mr. Bush has improved to the point that he will not need any special medication when he goes home, but he will continue physical therapy," Amy Mynderse, the doctor in charge of Bush's care, said in Monday's statement.

THE ASSOCIATED PRESS



George H.W. Bush GETTY IMAGES FOR HBO

'Bunga bunga' trial will go on, Italian court rules

Karima el-Mahroug, 20, the Moroccan woman at the centre of ex-Italian premier Silvio Berlusconi's sex-for-hire trial, arrives in Milan court Monday to testify as a witness. Berlusconi is accused of paying for sex with el-Mahroug — better known as Ruby — when she was 17. THE ASSOCIATED PRESS/STR

This scandal still has legs. Despite other legal woes, Berlusconi's centre-right coalition has been gaining in the polls since he actively began campaigning

A Milan court on Monday rejected a bid by former premier Silvio Berlusconi to halt his sex-for-hire trial for Italy's general election campaign, a ruling that makes a verdict likely before the February vote.

Berlusconi's lawyer accused the court of "interfering heavily" in the Italian political campaign by refusing to suspend the trial so Berlusconi can dedicate himself to campaigning for his centre-right coalition.

"A verdict will most certainly come before the election. It seems to me this is the clear intent of the court," defence lawyer Niccolo Ghedini told reporters. "It doesn't bother us, but it should bother citizens since it is obvious that it will impact the electoral campaign."

Berlusconi denounced the trial as "a comedy, a farce, a defamatory hoax," in an interview with Sky TG24.

Prosecutors accused Ghedini of merely seeking to delay a verdict in the nearly two-year-old trial, which started when Berlusconi was still in office.

The 76-year-old is accused of having paid for sex with a Moroccan woman, Karima el-Mahroug, when she was 17, during racy "bunga bunga" parties with attractive young women at his villa near Milan, and then using his influence to cover it up. THE ASSOCIATED PRESS

George Clooney to testify?

As the trial nears its close, the defence said it wants to call six other witnesses, including actor George Clooney.

- Clooney has said he was approached by Berlusconi's team to testify about the "bunga bunga" parties, but says he only visited the premier's residence once to seek aid for Darfur and declined an invitation to stay.

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Canada sends C-17 to Mali to support France

Group with al-Qaida links has seized part of African nation.
Canada has sent one military cargo plane, but Harper says no combat for Canadians

Canada is contributing one of its large C-17 military cargo planes to deliver supplies to the capital of Mali after a request from France.

But Prime Minister Stephen Harper insists no Canadian Forces personnel will be involved in any combat action in the landlocked West African country. And he says the transport plane commitment will be short.

An al-Qaida-linked group has seized the northern part of Mali and is advancing south.

The Canadian plane will be used to transport equipment and supplies into the Malian capital of Bamako, which is not in the combat zone.

Canadian involvement

"At no time will Canadian Armed Forces members be participating in direct action against insurgent forces in Mali."
Prime Minister Stephen Harper

France, which began air strikes last week against insurgents in the north, has ordered the immediate evacuation of all French nationals living in the Malian town of Segou.

"There is a serious situation in northern Mali, where there is a large territory now occupied by essentially terrorist entities, who are looking at expanding their influence throughout Africa," Harper said at a Montreal news conference. THE CANADIAN PRESS

Canada is contributing one of its large C-17 military cargo planes, pictured here, to deliver supplies to Mali after a request from France. RICHARD LAM/THE CANADIAN PRESS

'Not a deadbeat nation.' Obama says Congress must act quickly to raise the U.S. debt ceiling

U.S. President Barack Obama demanded on Monday that lawmakers raise the nation's $16.4 trillion federal debt limit quickly, warning that "Social Security benefits and veterans' checks will be delayed" if they don't and cautioning Republicans not to insist on cuts to government spending in exchange.

"They will not collect a ransom in exchange for not crashing the economy," he said at the 21st and final news conference of his first term. "The full faith and credit of the United States of America is not a bargaining chip. And they better decide quickly because time is running short."

Answering questions for about an hour, Obama also said he will soon ask Congress to enact new gun control legislation in the wake of the shootings that left 20 elementary students dead at a Newtown, Conn., school a little more than a month ago.

Among the proposals under consideration are a ban on assault-style weapons and high capacity ammunition magazines. Obama said he would unveil his proposals next week. Facing stiff opposition from the National Rifle Association, he conceded lawmakers may not approve everything he asks for.

But the risk of a default once the debt ceiling is reached dominated the news conference.

"We are not a deadbeat nation," Obama declared, less than a week away from taking the oath of office for a second term. THE ASSOCIATED PRESS

Barack Obama THE ASSOCIATED PRESS

India

Gang-rape suspect claims he's a minor

One of the five men charged with gang-raping and killing a 23-year-old student on a bus in India's capital is a minor, his lawyer said Monday as he demanded an age-determination test in what could be a tactic to delay the case from being tried in a fast-track court.

Manohar Lal Sharma, the lawyer for Mukesh Singh, said at a court hearing that his client is under 18, and that police documents indicating Singh is 26 had been "manipulated."

"If you could just see his face, he is only a child," Sharma told The Associated Press. THE ASSOCIATED PRESS

Berlin

Bank robbers a bunch of pros

German police say robbers dug a 30-metre tunnel into the safe-deposit room of a Berlin bank and escaped with their haul, setting a fire as they left to cover their tracks.

Berlin police spokesman Thomas Neuendorf says the tunnel led from an underground garage into the bank's safe-deposit room.

Neuendorf said Monday that the tunnel was "very professional" and must have taken weeks or even months to complete.

Police are still trying to determine what valuables were stolen from the deposit boxes. THE ASSOCIATED PRESS

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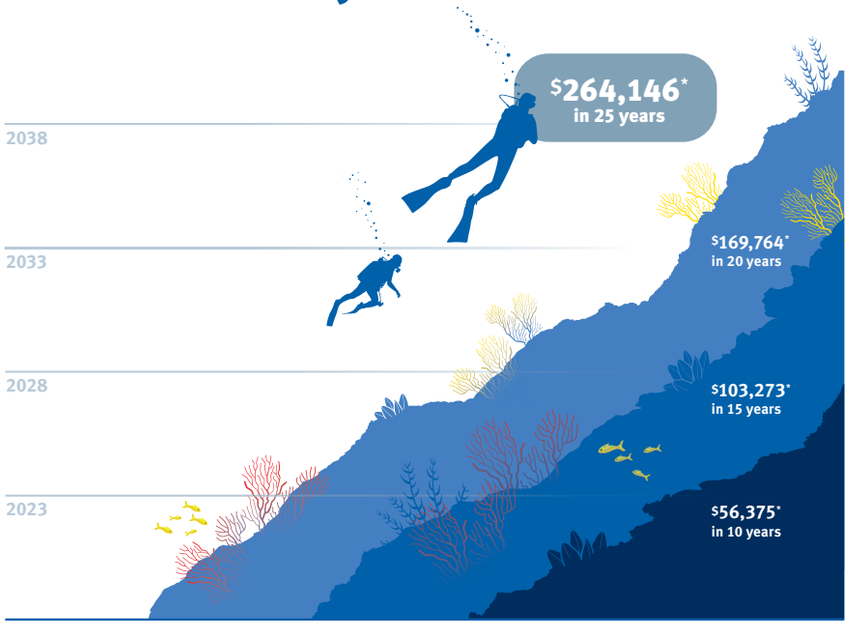

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Not guilty ruling 'vindication' for ex-Nortel brass

Fraud trial. Judge says he's not convinced that executives 'deliberately misrepresented' finances at telecom company

The former top executives at Nortel Networks said they finally got "vindication" Monday after being found not guilty of fraud, nearly a decade after being accused of manipulating financial records at the fallen Canadian technology giant.

Ontario Superior Court Justice Frank Marrocco acquitted ex-CEO Frank Dunn, ex-CFO Douglas Beatty and ex-controller Michael Gollogly because he was "not satisfied" the evidence showed the men had "deliberately misrepresented" the finances at the now-defunct telecom company in 2002 and 2003. "The criminal trial is based on evidence," he told a Toronto courtroom. "The decision I make is based on that evidence and nothing else."

Following the not guilty verdicts, the former executives jumped to their feet to hug family members and their lawyers.

Marrocco's 145-page ruling concludes one of the largest and most complex trials in Canadian corporate history.

Dunn, Beatty and Gollogly each faced two counts of fraud — one count of defrauding the public and one count of defrauding Nortel Networks Corp.

The Crown had alleged that the men participated in a book-cooking scheme designed to trigger $12.8 million in bonuses and stocks for themselves while they were at the helm of Nortel. They were fired from the beleaguered firm in 2004. All three had pleaded not guilty to the charges.

In a statement, Dunn, the former head of Nortel, said he was "grateful to have received vindication." THE CANADIAN PRESS

Market Minute

DOLLAR 101.65¢ (+0.07¢)

TSX 12,603.09 (+0.91)

OIL $94.14 US (+58¢)

GOLD $1,669.40 US (+$8.80)

Natural gas: $3.38 US (+5¢)
Dow Jones: 13,507.32 (+18.89)

A skyscraper, a cauldron and a ketchup bottle: London museum unveils design-prize finalists

Newly built tower The Shard, right, looms over central London in this July photo. The tower, which at 310 metres high is Britain's tallest building, has been nominated for a major design award along with the 2012 Olympic cauldron and a non-stick ketchup bottle. On Monday, London's Design Museum announced the contenders for its Designs of the Year prizes in seven categories, including architecture, fashion, transport and digital media. THE ASSOCIATED PRESS

Coca-Cola tackles obesity debate in U.S. ad campaign

This frame grab is from a new commercial from Coca-Cola, in which the Atlanta-based company tries to weigh in on the growing controversy over soft drinks' effect on health. THE ASSOCIATED PRESS

Coca-Cola became one of the world's most powerful brands by equating its soft drinks with happiness. Now it's taking to the airwaves for the first time to address a growing cloud over the industry: obesity.

The Atlanta-based company on Monday will begin airing a two-minute spot during the highest-rated shows on CNN, Fox News and MSNBC in hopes of flexing its marketing muscle in the debate over soft drinks and their impact on public health.

The ad lays out Coca-Cola's record of providing drinks with fewer calories and notes that weight gain is the result of consuming too many calories of any kind — not just pop.

For Coca-Cola, the world's No. 1 beverage company, the ads reflect the mounting pressures on the entire industry. Later this year, New York City is set to enact a first-in-the-nation cap on the size of soft drinks sold at restaurants, movie theatres and sports arenas.

New research in the past year also suggests that sugary drinks cause people to pack on the pounds independent of other behaviour. A decades-long study involving more than 33,000 Americans, for example, suggested that drinking sugary beverages interacts with genes that affect weight and enhances a person's risk of obesity beyond what it would be from heredity alone.

Michael Jacobson, executive director of the Center for Science in the Public Interest, was skeptical about Coca-Cola's ads and said the company would stop fighting soda-pop taxes if it was serious about helping reduce obesity. THE ASSOCIATED PRESS

Motives

"It looks like a page out of Damage Control 101. They're trying to disarm the public."

Michael Jacobson, executive director of the Center for Science in the Public Interest

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Waning demand?

Apple cutting back on iPhone 5 parts orders, reports say

Apple's stock slipped below $500 US for the first time in 11 months on Monday as investors reacted to reports indicating the company's latest iPhone is falling behind a slew of sleek alternatives running Google's Android software.

Separate stories published in the Japanese newspaper Nikkei and The Wall Street Journal said Apple has dramatically reduced its orders for the parts needed to build the newest iPhone because the device isn't selling as well as the company hoped. THE ASSOCIATED PRESS

Jan. 30 introduction

RIM stock climbs over $14 ahead of BB10 launch

Research in Motion stock jumped Monday in the second day of heavy trading, rising above $14 a share for the first time since last spring. The BlackBerry maker's stock gained $1.39, or 10.4 per cent, to close at $14.70.

The push comes ahead of the Jan. 30 launch of RIM's new BlackBerry 10 products. RIM's stock price has been recovering from a setback last month, when executives said the company is changing the fee structure for its service. THE CANADIAN PRESS

WHAT WORKOUT IS RIGHT FOR YOU?

SHE SAYS...
Jessica Napier
metronews.ca

We're two weeks into the new year and I'm sure many of you have resolved that 2013 is the year you're going to get fit. And hey, if you've actually managed to stick with it so far, then good for you!

But with so many exercise-themed daily deals showing up in your email inbox every morning, it can be hard to know where to begin. Consider this a Coles Notes guide to some of the different workout options available to all those determined resolution-makers out there.

1. **Spinning.** There's nothing quite like cycling away your sins for 45 minutes on a stationary bike in a dark room surrounded by sweaty bodies and loud music thumping in your ears. It's kind of like burning calories in a nightclub except you're pedalling instead of grinding and that water you're chugging doesn't have any vodka in it.

2. **CrossFit.** Once the preferred exercise regime of military personnel and Olympic athletes, CrossFit is now developing a cult-like following among the civilian masses. The high-intensity fitness program emphasizes heavy weightlifting, gruelling cardio and a secret language designed to confuse outsiders. But if you can wrap your head around WODs and AMRAPs, then join a Box and start working on your Fran time.

3. **Yoga.** There's nothing new about this ancient practice that combines strength- and stamina-building poses with meditative breathing exercises. While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

New year, new workout

While there are many different varieties of yoga, they all involve contorting and holding your body in a sequence of postures that will test your endurance and flexibility. Before you hit the mat, recognize that you'll have to be able to take yourself seriously while posing like a tree.

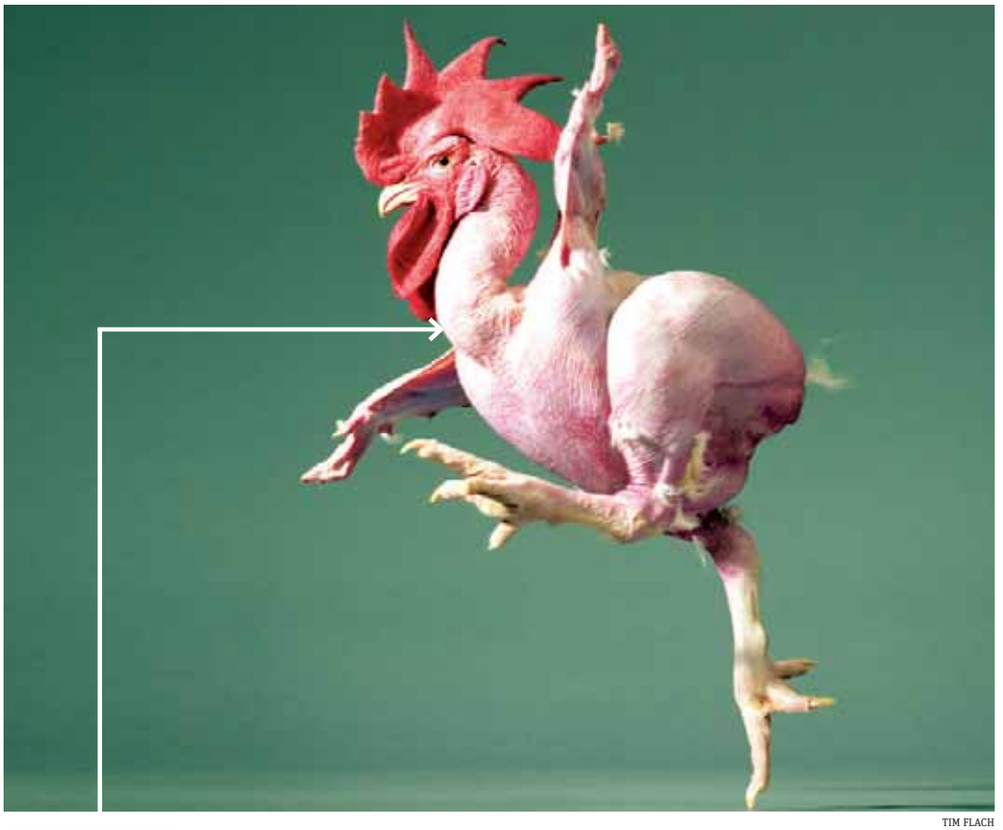
4. **Ballet Barre Workout.** If you've ever dreamed about a long, lean dancer's physique, then a ballet-inspired fitness class is a good place to start. You might feel a little more Ugly Duckling than Black Swan as you attempt to plié while performing bicep curls with a weighted ball, but stick with it long enough and you'll end up toned and sculpted and maybe even a little more graceful.

5. **Running.** What's not to love about running? It helps to improve both physical and mental health, it's cheap (once you've invested in a decent pair of shoes), and since it's a solo endeavour you can avoid all of those annoying January Joiners that tend to crowd up other workout classes at this time of year. Pounding the pavement is best experienced when there is actual pavement involved, so forget treadmills that do half the work for you and head outside.

Follow Jessica Napier on Twitter @MetroSheSays

LPGA player In-Kyung Kim, right, poses in a yoga position in San Diego. Before you ditch your new year's resolutions, consider your options.
EVORK DJANSEZIAN/GETTY IMAGES

This will ruffle some feathers



TIM FLACH

Cock-a-doodle-doo

Animals' human side laid bare

You may think this rooster has just been plucked but for considerable economic, and potentially environmental, benefits, it has been specially bred by humans to be featherless. In his new book, More Than Human, British photographer Tim Flach explores the striking relationships and similarities between humans and animals. METRO

Q and A

The skin-ny on this yardbird

TIM FLACH
Photographer

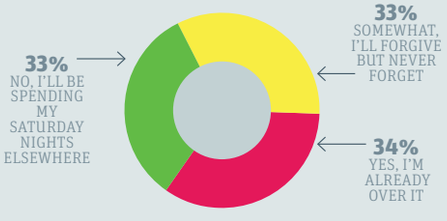
Your book More Than Human looks at intimate portraits of animals. What is the main idea behind it?
Through my photos, I want to spark a debate and raise questions on how we, human beings, shape nature, and conversely how it shapes us. In this regard, I want my photos to go beyond being pretty.

So you invite us to think about how we perceive animals?
Yes, precisely. Let's take the featherless chicken, one of my favourite images from the book. It's bred by Prof. Avigdor Cahaner of Hebrew University of Jerusalem, drawing on a naturally occurring recessive mutation that eliminates feathers. The bird doesn't need to be plucked, which saves money in processing. It provokes a discussion on how we know the animal: In supermarkets, we see them dead, wrapped in cling film. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you willing to forgive the NHL for the lockout?



Twitter

@Brangwyn:
My, what a beautiful glow you have while driving... Oh, it's your cellphone light while you text and drive? Tsk Tsk. #yyc #yyctraffic

@calgaryrants:
Thinking about writing a new song called "20km/hr on the Deerfoot". Could be a hit. #yyc

@lilmizshelley:
Lost it a few times on my #yyc morning commute. My car slipped, too.

@MissAMcC:
Seen on the bus this morning: woman playing with a tamagotchi. Time warp to 1996. #yyc

@JMeilleur11:
I swear here only in #yyc #Calgary that people's get their licence in a #CrackerJackBox .... ughhh!!

@kayjer:
No more eyeball-stabbing snowflakes flying in #yyc! Huzzah!

metro

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SCENE 2

DVD review

Taken 2

Director. Olivier Megaton

Stars. Liam Neeson, Famke Janssen, Maggie Grace

People will call this a quick-buck sequel to Taken, the surprise hit of 2009, and these people are absolutely correct. Directed by Pierre Morel, Taken took in $225 million in worldwide box office on an investment of $25 million. No surprise then that unsubtle producer/writer Luc Besson decided to hit up the cash register a second time, hiring director Olivier Megaton for the outing.
And the first thing to be kidnapped in Taken 2 is logic. Despite a ludicrous script by Besson and co-writer Robert Mark Kamen, Liam Neeson manages to keep a straight face while reprising his role of avenging ex-CIA dad Bryan Mills. In the first Taken, Mills had to rescue his teenage daughter from Albanian sex traffickers. In Taken 2, it is Mills and his lovely ex-wife, Lenore (Famke Janssen), who are kidnapped. At age 60, Neeson still has formidable action chops and heroic form, and manages to propel the film through a sequel so silly that it seems like a Mad magazine parody of the original.

PETER HOWELL

American Idol judges Mariah Carey and Nicki Minaj both claim they are now getting along. THE ASSOCIATED PRESS

Idol judges won't sing about feud rumours

Putting it in the past. Judges Mariah Carey and Nicki Minaj are vague on differences, but agree they wouldn't aim to be Idols

NED EHRBAR
Metro World News in Hollywood

You might have heard that new American Idol judges Mariah Carey and Nicki Minaj haven't exactly been getting along. That they've been "feuding," even. Well, Carey and Minaj have heard it, too, and they're bored by the reports. "This is a very passionate panel. I think there are a lot of strong personalities," Carey says. "Starting this process, I felt like it was a possibility that there could be differences of opinions. The fighting is what it is. This is American Idol. It's bigger than all that. It's bigger than some stupid, trumped-up thing."

While talk of discord might make for good gossip reporting, it's not good for the show itself, Carey explains. "The whole thing is convoluted," she says. "It's a distraction from the show. It's a distraction to the contestants, and I think it's unfair to them. It should be about the contestants."

But how are the two getting along now? Carey insists that "time heals all wounds" and that the whole disagreement "was sort of one-sided," a contention with which Minaj begs to differ. When asked what they did to put an end to any feuding, Minaj goes for a joking response, saying, "I put out a sex tape." But Carey is much more blunt: "I did nothing, and here we are."

Feud or no feud, the new judges can at least agree on one thing: Neither of them would've tried out for Idol themselves had it been an option. "I personally would never have wanted to do this type of show — no offence to the show at all, but I've said that since I first heard about the show," Carey says.

"I had to learn in front of the world how to just be and be on TV and sing. It's sort of like what these kids do, only at that time it was like the Arsenio Hall Show, and that would be like, 'Here I am!' It was very tough."

For Minaj, her reticence to be a contestant goes beyond just herself. "I definitely don't think a rapper should be in this competition. Rap and hip-hop are completely different from American Idol," she explains.

"With singing, people do not care what you've necessarily gone through. If it's a great song, they're going to love it. I would never go on a show like this as a rapper, and I wouldn't encourage anyone else to come on as a rapper. I don't think it's authentic and I think if you really look for people to believe you and see you as an authentic rapper, you wouldn't do it. It's definitely not a rap competition."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jodie Foster's Golden Globes speech decoded

NED EHRBAR
Metro World News in Hollywood

Jodie Foster, who received the Cecil B. Demille Award for her 47-year-long career in Hollywood, offered an acceptance speech that has left audiences and critics baffled, outraged and inspired in equal measure. The overall message was unclear. Was she officially coming out? Did she announce her retirement from acting and directing? What does she have against Honey Boo Boo? It didn't help matters that the audio cut out at a crucial moment as she discussed "a big coming out speech." So what did the ramble actually mean? We set out to decode it:

"I guess I have a sudden urge to say something that I've never really been able to air in public. So, a declaration that I'm a little nervous about but maybe not quite as nervous as my publicist right now, huh Jennifer? But I'm just going to put it out there, right? Loud and proud, right? So I'm going to need your support on this. I am single. Yes I am, I am single. No, I'm kidding, but I'm not really kidding."

TRANSLATION: I recognize your hunger for a big confession from me, and for that I am going to mess with you.

"Now I'm told, apparently, that every celebrity is expected to honour the details of their private life with a press conference, a fragrance and a prime-time reality show. You know, you guys might be surprised, but I am not Honey Boo Boo Child. No, I'm sorry, that's just not me. It never was and it never will be."

TRANSLATION: I am going to equate being upfront about your sexuality with the more tasteless and tacky aspects of our reality TV culture, no matter how damaging it may be for young gays and lesbians to see a successful public figure refuse to say the word "lesbian."

"There is no way I could ever stand here without acknowledging one of the deepest loves of my life, my heroic co-parent, my ex-partner in love but righteous soul sister in life, my confessor, ski buddy, consigliere, most beloved BFF of 20 years, Cydney Bernard. Thank you, Cyd. I am so proud of our modern family."

TRANSLATION: I was in a long-term relationship with a woman, and we have two children together.

This is not necessarily news, but it's the first time I've acknowledged her in front of television cameras.

"This feels like the end of one era and the beginning of something else. Scary and exciting and now what? Well, I may never be up on this stage again, on any stage for that matter."

TRANSLATION: It's difficult not to feel you're in some moment of transition when an organization gives you a lifetime achievement award, even if you're only 50 years old.

Brace yourself for another breakup tune

Taylor Swift

Consider this fair warning, Harry Styles. In the wake of her split from the One Direction member, Taylor Swift posted this ominous message to her Twitter account: "Back in the studio. Uh oh..." Swift has made a career of penning autobiographical tunes of heartbreak, often embarrassing ex-boyfriends like John Mayer and Jake Gyllenhaal. And a Styles number may be a doozy, as Swift was reportedly left heartbroken by the Brit, who dumped her during a Caribbean vacation because he said she's "asexual and wouldn't put out," a source tells Radar Online.

Twitter

@TheRealRoseanne
Ben Affleck is a moronic large sweaty headed blowhard.

@EmmaBunton
Wow its snowing where I am, coming down thick and fast!!

@MatthewPerry
This turning down the role of Lincoln is just going to keep kicking my ass isn't it?!?

@OfficialAdele
I just met Daniel f---ing Day Lewis!!!

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Kelly Osbourne on losing weight, gaining confidence

Interview. The young starlet speaks to Metro about how she got motivated and transformed her life

ROMINA McGUINNESS
life@metronews.ca

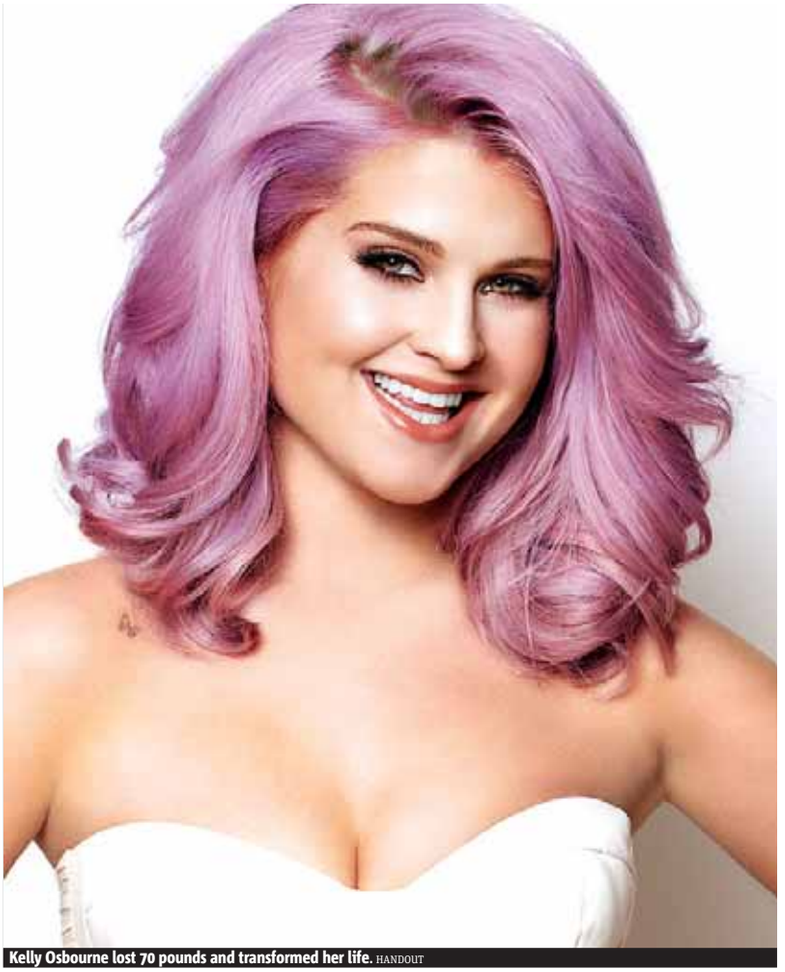
After appearing on Dancing with the Stars in 2009, you lost 70 pounds, going from a size 14 to a size 2. Which body part were you most excited to rediscover?
For me, because of my family's history with cancer, my mum is always like, have you checked your boobs? One day, I was doing a breast self-examination and found this lump. So I went to the doctor and he said, "Kelly, that's your rib!" I was like, "Oh my God, I have a rib!"

Which part did you go from hating to loving?
My legs. I didn't realize how much muscle I had underneath the fat, and (I have) some pretty toned legs. Now, athletes always come up to me and say, "You've got great legs." Men like big calf muscles on themselves, so when they see it on a girl they like it.

All girls have fat days. How do you cope with yours?
I look at old pictures of myself. I know this sounds really narcissistic, but I don't mean it that way — it helps me see how far I've come and where I don't want to go again. It gives me that kick in the butt to get in the gym or call up a friend and say, "I'm having a fat day."

Growth spurt

"I got taught proper posture through dancing, yoga and Pilates and I actually grew an inch. I'm now five foot two.
Kelly Osbourne



Kelly Osbourne lost 70 pounds and transformed her life. HANDOUT

How do you feel when you see old photos of yourself?
It's a mixture of a million emotions. It makes me feel really sad that I let myself get like that. It was my own doing.

I made myself that way because I was scared.

Scared of what?
Of myself and what I was capable of. Being famous for really not doing anything and having the entire world judging you.

But now I'm 28 years old and I see it as a learning curve.

Can you imagine some people saying: The new Kelly is boring. There's a lot of stylish, good-looking women out there, so why do we need one more without edge?
I say, "f— you" because if you want to watch a train wreck, there are other Hollywood starlets doing that for you. I want to be a dignified grown-up. I'll always be me. I'm just not an asshole anymore.

Bonus round

On her brother Jack

How did you react when you found out your 26-year-old brother, Jack, had multiple sclerosis?
Are you crazy? He's my baby brother, how do you think I reacted? It's like it's not there. He doesn't want to be treated like a sick person, because he's not sick. It's not a death sentence. He's got a very military state of mind so he looks after himself, eats very healthy and works out every day.

Did it affect the way you value life?
I've dealt with my mom almost dying of cancer, my dad almost dying in a bike accident and now my brother has MS. There's nothing they can tell me I can't deal with. It's not like you have a choice, it's life.

What does 2013 hold for your love life? ISTOCK

The shy type, the sugar baby or the romantic?

See what your star sign says about you.
Online dating site Match.com conducts survey to reveal what 2013 may hold for you depending on your astrological identity

Online dating website Match.com recently conducted a survey to see what 2013 may hold for your love life based on your astrological sign.

It estimates more than one third (36 per cent) of single Canadians will make a New Year's Resolution to go on more dates this year.

So what does your sign reveal about the year ahead? Here is the site's findings.

Capricorn: The office romantic
Capricorns are most likely to date someone from their workplace. Sixteen per cent of Capricorn singles have dated someone from the office in the last five years, the highest of any sign.

Aquarius: The sugar baby
Age is just a number for Aquarius, who are the most likely to date someone more than 10 years their senior. A whopping 56 per cent would date someone who is more than a decade older than them.

Pisces: The romantic
Pisces are the most romantic of all signs. An outstanding 66 per cent of Pisces believe in love at first sight.

Aries: The initiator
When it comes to who should pay for a first date, Aries singles are in agreement. Fifty-three per cent believe the person who initiated the date should pay, more than any other sign.

Taurus: The shy type
Taurus singles are the shiest of the signs, with only eight per cent having asked someone out on a date in the last year.

Gemini: The long distance lover
When it comes to romance, Gemini singles are prepared to go the distance. An overwhelming 54 per cent have had a long distance relationship, more than any other sign.

Cancer: The multitasker
If you're dating a Cancer, be prepared to have "the talk" sooner rather than later. While not necessarily ones to cheat, at least one in 10 Cancer singles (11 per cent) date two to three people at the same time. Talk about a scheduling challenge!

Leo: The Facebook updater
It's not official until it's on Facebook! At least according to Leo singles, who are most likely to update their relationship status on the social networking site. Nearly one quarter (21 per cent) report or update their relationship status regularly.

Virgo: The online dater
When it comes to embracing technologies to improve their love life, Virgo singles are most likely to bite the bullet. Nearly half (47 per cent) have used an online dating site.

Libra: The good time
If you're dating a Libra, prepare to imbibe. Libra singles are most likely to drink alcohol on a first date – 74 per cent will have a boozy beverage on a first night out.

Scorpio: The canine cuddler
Are you a dog lover? Then date a Scorpio! Singles with this sign are most likely to be friends to canines. Sixty-three per cent are fans of these furry fellows.

Sagittarius: The sharer
If you're dating a Sagittarius, the odds are your ears should be burning about now. More than a third (36 per cent) of Sagittarians will discuss their dating life with friends and family, bring others out as wingmen or discuss their dating life goals with a group. METRO/MATCH.COM

To consolidate debt or grin and bear it?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Besides goals of better eating and weight loss, debt is top of mind for most North Americans this January. Make debt repayment a 2013 goal!

How much do you owe? To whom? What interest rate? Can you afford the payments?

The choice is yours — should you tough debt repayment out the old-fashioned way (regular payments to multiple lenders) or apply for a consolidation loan (one consolidated payment to one lender).

The benefits of a consolidation loan are that the interest rates are typically lower than the combined interest rates of multiple debts, which often consist of high interest credit cards. As such, the monthly payments can be lower.

However, many experts rail against consolidation loans because they don't teach a valuable lesson: Taking full responsibility for debt accumulation.

The act of having to pay off expensive debts the old-fashioned way often imposes enough financial hardship on a person that they change their spending habits.

Canadian statistics show that the majority of individuals with consolidation loans never learn their lesson and are first in line for another one when the previous is finished.

You're a good candidate for a consolidation loan if you are paying too much in interest or if you can't keep up with regular payments.

The first caveat however, is that you must be financially disciplined and commit to making payments on time, in full and not accumulating additional debts. The second is that these loans are difficult to qualify for as most people that are "maxed out" are considered high risk.

Many Canadians turn to lines of credit as pseudo-consolidation loans. Scary!

Though interest rates are attractive, lines of credit are revolving, thus the available borrowing room never decreases. Rarely do Canadians pay off their lines of credit. Rather, they continue to overspend using their line of credit, often decreasing home equity. If you use a line of credit to consolidate, reduce the borrowing limit as you pay it down.

If the temptation to spend is too great or you can't qualify for a lower interest loan, repay your debt the old-fashioned way.

Follow Lesley on Twitter
@LesleyScorgie

12 money vows for 2013

Alison on Money.
Having trouble keeping financial resolutions? Join the club

YOUR MONEY
Alison Griffiths
money@metronews.ca

It's all about the psychology. Twelve months is a long time to keep a money vow. However, if you're only aiming for a month, chances of success are higher, which increases the likelihood that you'll turn some of your mini-resolutions into habits.

Try these on for size in 2013.

January: Find 30 minutes
Devote half an hour a week to your financial affairs. Eliminate distractions and focus.

February: Read a statement
Spend this month getting familiar with your RRSP. Ask questions of your advisor if you don't understand the financial products you hold.

March: Keep a log
Trust me, you have no idea what you really spend. List every last penny in a journal.

April: Set aside
When your tax refund arrives, save some of it in a six-month GIC for the holiday season.

May: Cut it out
Pick a spending habit and toss it for 30 days. If it is food related, say a daily double double and donut, you'll drop a bit of weight too in time for beach weather.

June: Cut it down
With the better weather arriving, consider reducing your cable package.

July: Try shank's mare
Walk everywhere you can. This is harder in the burbs, but rethink your driving habits to save gas and whittle the waist.

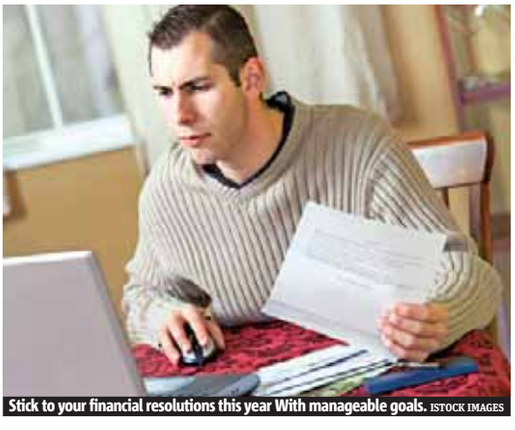
August: Donate
During the dog days of summer, pick a charity and set up a monthly donation, much easier than a last minute lump sum.

September: Get educated
Go to Investor Education Fund, (getsmarteraboutmoney.ca), Credit Canada (creditcanada.com) or Financial Consumer Agency of Canada, (fcac-acfc.gc.ca) for great tools and unbiased information.

October: Check it out
Get your credit report and score from equifax.ca or transunion.ca.

November: Stay home
Axe the restaurant, prepared foods and take out habit.

December: You're almost there
Make a list of all you've accomplished financially this year and feel good about yourself.



Stick to your financial resolutions this year With manageable goals. ISTOCK IMAGES

Customize your own 2013 resolution list and you're sure to stay financially engaged all year round. Happy New Year's to all my readers!

Fingerling potatoes with salmon raise profile of apps

ROSE REISMAN
for more, visit
rosereisman.com

Fingerling potatoes are the newest trend for appetizers and side dishes at parties and restaurants.

They're a great twist on the standard potato. Most large supermarkets and fruit and vegetable shops carry fingerlings.

If you can't find them, use small white potatoes for these Fingerling Potatoes with Herbed Cheese and Smoked Salmon.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Slice the fingerling potatoes in half lengthwise and place skin side down on the baking sheet. Spray them with cooking oil. Bake the potatoes approximately 30 minutes or just until they are tender. Place on a serving dish.

3. Using a small food processor or a whisk, mix both the cheeses with the garlic and pepper until smooth. Stir in the dill.

4. Place a dollop of the mixture on top of each potato and sprinkle with the diced salmon. Serve while still hot.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN.

Ingredients

Prep time: 10 minutes
Cook time: 30 minutes

- 8 fingerling potatoes
- 2 tbsp light cream cheese
- 3 tbsp goat cheese
- 1/2 tsp crushed garlic
- pinch freshly ground black pepper
- 1 tbsp chopped fresh dill
- 2 oz smoked salmon, diced

This recipe serves eight. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health Solutions

Casserole reprise

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Call it a casserole and it's relegated to the '50s, but call it a "strata" or a "bake" or a "pie" and suddenly it's new again.

The traditional formula is simple: ingredients in a glass dish heated in the oven. The outcome is especially good for sharing at parties or for making on the weekend and enjoying all week.

What could use a little healthy push is the choice of items that go into the dish. Your mom used cans of soup, high carb pasta and maybe some Corn Flakes on top, but we can do better. Here are some substitutions to any casserole recipe.

- Canned lentils or cooked chicken instead of ground beef
- Cook and rinse all meat before adding instead of using ground lamb with fat
- Low fat evaporated milk instead of heavy cream sauce
- Spaghetti squash/quinoa/brown rice instead of pasta
- White sauce made with milk instead of grated cheese
- Baby food pureed vegetables instead of canned soup
- Whole wheat bread crumbs instead of Corn Flake topping
- Crushed whole wheat crackers instead of crispy onions
- Phyllo layers instead of pastry or puff pastry

Every casserole has the same formula: Body of protein, heart of creamy and moist and topping of crisp. Mix and match as you please and serve with a great big salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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NEW GOALS FOR A NEW YEAR

MAKE A RESOLUTION FOR ATTAINABLE ACCOMPLISHMENTS

ISTOCKPHOTO/THINKSTOCK

The start of the winter semester is a great time to make academic new year's resolutions, but how can you ensure your grades rise and your stress levels fall?

Miriam Unruh, director of the Academic Learning Centre at the University of Manitoba, says start by making goals that are realistic, specific and testable. For example, lifting a GPA by 0.3 might be doable, but a full point might not.

"Increasing a GPA is a longer-term goal and requires that a student first determine if the goal is attainable," she says.

Create short-term goals to step up toward the bigger one. "Short-term goals might include increasing the number of hours spent studying a week, increasing the number and variety of problem questions done daily, reviewing chapter questions weekly, reviewing class notes after each class, or even going to class. Specific goals like these can be integrated into a daily and weekly to-do list, and can be checked off as they are done," Unruh says.

Try to create a more even course load so you are studying from the start, instead of playing catch-up at the end of the year. "Also, students often assume that reading and rereading and/or re-copying notes is enough, but this isn't true. In order to remember information, it is important to review the notes 'actively' by asking questions, summarizing major sections, and understanding how the various components of a process fit together," she says.

This helps you learn how the details create the big picture.

Brian Hotson, director of the Writing Centre at Saint Mary's University in Halifax, says the most common problem he sees is poor time management. "(Students) feel things like GPA are important, but the best way to improve it is to be able to effectively manage their time."

Visit the student centre and connect with a study coach who can show you how to raise your skills. An adviser can help you plan out the semester so you can pace yourself and avoid cramming.

Hotson urges students to take advantage of office hours and meet their instructors. "The best thing a student can do is to bring a paper that has already been marked and say, 'Here's what I've done. Can you help me see where I've improved?'"

Do this at the start of term so you are proactively improving this term's grades, rather than trying to fix a mess at the end of term.

– Jon Tattrie

DEMAND IS GROWING

TRAIN TO BE A HEALTH-CARE AIDE AT ABM COLLEGE

SCOTT QUINN PHOTOGRAPHY/THINKSTOCK

An aging population means a demand for health-care providers is about to increase in Alberta. At ABM College, train to become a health-care aide and get into a career where skilled employees are in high demand.

"Although the economy faces many changes, investments into the health-care industry will continue to grow exponentially, resulting in growth in job opportunities," says Dr. Mohammed Baten, president and CEO of ABM College.

"The training provided by ABM College to its students will give them opportunities to fulfil their desire to help those with acute needs, as well as discovering a career."

The health-care aide program at ABM College offers classroom instructions along with extensive hands-on experience in the lab and "on-the-job" training (practicum) to students in well-known established health-care facilities in Calgary.

This program provides necessary theoretical and practical knowledge to students to independently undertake tasks expected of a health-care aide in Alberta.

According to Baten, ABM College is the fastest growing private college in Calgary, offering a wide variety of different subject areas to meet the needs of the city's students.

Besides health-care aide, ABM also offers medical office assistant, massage therapy, accounting, and payroll administration and business administration courses.

For more about the health-care aide program or other programs available at ABM College, visit abmcollege.com.

ACADEMY OF LEARNING IS HERE TO HELP YOU

When it comes to make major life decisions, especially ones about your education, it is always good to know you have help.

Whether you are unsure about what program is right for you, unsure about student funding or if you meet admissions requirements, an Academy of Learning admissions adviser is your first and best step towards a rewarding career.

"Many people don't know what they're qualified for academically, or how to investigate student financing options, or what career training programs are available, and that's where the highly qualified Academy of Learning admissions staff come into the picture," says Brady Sylvester, admissions adviser at Academy of Learning.

"Too many people stop before they've even started because they think there's no point in trying."

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers. The school offers career training in the main areas of health care, office administration, accounting, IT and web design.

WAVEBREAK MEDIA/THINKSTOCK

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

For more about Academy of Learning, visit academyoflearning.ab.ca.

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LOCK UP A CRIMINAL JUSTICE DIPLOMA

Start your new year by training for a new career in criminal justice at Columbia College and possibly be ready for the workforce by the start of the next new year.

Columbia College offers a one-year criminal justice certificate and a two-year criminal justice diploma, with both programs delivered on an accelerated basis so students can be completed in six and 12 months, respectively.

"The main goal of each criminal justice program is to develop students who have the right knowledge, skills, and attitudes to enter the criminal justice field and to be able to contribute right away to whatever role, function, or task to which they may be assigned," says Ben Ontuca, acting chair, criminal justice department at Columbia College.

Columbia offers the only two-year diploma in criminal justice in Calgary that can be completed in one year.

"Columbia College's accelerated criminal justice diploma program will enable students to get into criminal justice careers more quickly and effectively," Ontuca says.

Columbia's facilitators combine academic qualifications with extensive criminal justice experience.

Upon graduation, some career options may include bylaw enforcement officer, border services officer, child and youth worker, correctional officer, prison guard, RCMP, provincial, or municipal police officer, among many others.

"Employment turnover is expected to increase as a result of the retirement of the baby boomer generation," Ontuca says.

For more, visit columbia.ab.ca.

COLUMBIA COLLEGE PHOTO

ST. MARY'S UNIVERSITY COLLEGE PHOTO

ST. MARY'S LAUNCHING NEW SCHOLARSHIPS

To recognize high school students in high academic standing, St. Mary's University College is proud to announce the launch of its President's Circle Scholarships.

These scholarships automatically grant high school applicants with an 80 per cent or greater average in the five courses required for admissions with scholarships ranging from $1,000 to $2,500.

"The President's Circle Scholarship program is our invitation to high school students to check us out," says Bob Hann, vice-president student services at St. Mary's. "We are confident that they will have a rich and rewarding experience at St. Mary's."

Scholarships are awarded based on Grade 11 or 12 marks and offered along with conditional admission. Scholarship amounts rewarded will never decrease, but they can increase based on future grades.

Hann is pleased St. Mary's offers a comprehensive scholarship and awards program that is now enhanced with the President's Circle Scholarship, recognizing and rewarding the academic achievement that students earn in high school.

"We believe that St. Mary's offers a great undergraduate experience to all, and high academic achievers are part of a dynamic and diverse student population," Hann says. "We offer opportunities for students to work with professors in our classrooms, labs and in the field."

As a way to give special recognition to these high academic achievers, scholarship recipients are invited to the annual President's Circle Dinner.

For more, visit stmu.ca/PresidentsCircle.

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MRU CUSTOMIZES ITS TRAINING

Sometimes it's unrealistic and not very cost-effective to pack up all your employees and travel into the city to get the training your organization needs.

This was the case for Blood Tribe Housing, located in Stand Off, Alta.

"With the number of staff we have that needed to be trained, it would have been far too expensive to send them all to Calgary," says Melvin Spear Chief, director of Blood Tribe Housing.

To solve this training problem, Blood Tribe Housing enlisted the help of Mount Royal University's corporate training department.

At the beginning of October 2012, Blood Tribe Housing began training its 15 employees and four members of the neighbouring Piikani Tribe House in the project management certificate.

"Now we will all speak the same language," Spear Chief says. "This training will streamline operations even more."

Spear Chief says they were able to work with MRU to customize the training to meet their specific needs.

"I wanted to get it done as quickly as possible so we could utilize the training faster," Spear Chief says. "They were able to accommodate that for us."

MOUNT ROYAL UNIVERSITY PHOTO

For a program that would take them close to a year in Calgary, their entire staff was able to complete the necessary training in a little more than two months and for a fraction of the cost of sending everyone to Calgary to complete it.

Blood Tribe Housing is responsible for a total of 1,350 homes on the country's largest First Nation's Reserve. The Blood Tribe has a population of more than 10,000, and occupies about 885 square kilometres (550 square miles) in southern Alberta.

Like the training it provided to Blood Tribe Housing, Mount Royal University's corporate training can be customized and delivered on campus or at your chosen location. Feel free to also choose from an extensive list of existing corporate training programs.

For more, visit conted.mtroyal.ca/corporate.

– with files from Karen McCarthy/ Mount Royal University

MOUNT ROYAL UNIVERSITY PHOTO

VISIT OIL AND GAS INDUSTRY CAREER FAIR

Rub elbows with professionals in the oil and gas industry Jan. 30 at the inaugural Oil and Gas Education and Career Fair at Mount Royal University.

"This event will allow individuals who are interested in the oil and gas industry to learn about the educational opportunities available through MRU Continuing Education, as well as the benefits of membership in many industry-related organizations such as the Petroleum Joint Venture Association (PJVA) and the Canadian Association of Petroleum Production Accountants (CAPPA)," says Jillian Philpott, program co-ordinator at Mount Royal University.

For those who already have related educational or work experience, employers will be present to provide information on current and future opportunities and to give individuals the chance to grow their professional network.

Students from the petroleum programs and contract management program in the Faculty of Continuing Education at MRU have been invited to take part in this exciting event, as well as people looking to learn more about this growing industry.

"Over the past few years we have received quite a bit of student feedback concerning the opportunity to network with employers, as well as requests from employers who are looking to hire our students," Philpott says.

Some of the presenters and exhibitors taking part include Devon Canada Corporation, BP Canada Energy Group ULC, Indian Oil and Gas Canada, TransCanada, Imperial Oil Resources, and Calgary Women in Energy. Visit conted.mtroyal.ca/oil/careerfair to see a full list.

"Students looking to get into the industry can use this event to learn about the variety of educational opportunities available though MRU Continuing Education, as well as the networking and learning opportunities offered by industry related professional organizations," Philpott says.

The event is free and will be held Jan. 30 from 7-9 p.m. at Ross Glen Hall (EC1050) on the Mount Royal campus.

For more or to register as an employer or industry-related organization, visit conted.mtroyal.ca/oil/careerfair, call 403-440-5012, or email cescience@mtroyal.ca.

FREE INFORMATION NIGHTS FOR MRU CONTINUING EDUCATION PROGRAMS

If your new year's resolution included going back to school or seeking out educational opportunities, but don't know where to start, Mount Royal University's Faculty of Continuing Education is holding a number of free information nights for a number of its programs.

- Business analysis — Jan. 10
- Business process management — Jan. 10
- Certified financial planner — Jan. 31
- Change management — Jan. 10
- Child studies — all programs — March 20
- Community and health studies — all programs — March 20
- Conflict resolution — March 20
- Entrepreneurship — Jan. 17
- Event management — Jan. 8
- Leadership development — Jan. 8
- Lean management and continuous improvement — Jan. 23
- Oil and Gas Education and Career Fair — Jan. 30
- Payroll management programs — March 11
- Professional editing — Jan. 9
- Professional finance and investing — Jan. 31
- Public relations — Jan. 16
- Strategic management — Jan. 22
- Supply chain management — Jan. 22
- Technical writing — Jan 15
- Transitional vocational program — Jan. 16

For more information or to register for one of these sessions, visit mtroyal.ca/conted.

TIME TO MANAGE YOUR FUTURE

MEET YOUR CAREER GOALS AT HASKAYNE SCHOOL OF BUSINESS

UNIVERSITY OF CALGARY PHOTO

Now is the time to start thinking about your future.

Whether you are looking for a career change or to move up in your current career, the University of Calgary Haskayne School of Business can help you meet your career goals.

The full-time day MBA program at the Haskayne School of Business helps students prepare themselves for management roles in the world of business in just two years.

"If individuals want to improve their career track, this is an excellent program for them," says Vern John, associate dean MBA at the Haskayne School of Business.

John says this program is great for individuals looking to focus on their careers and get the most out of the program as possible.

Because the program is full time during the day, students are really immersed in the program and walk away with a better command of the subject matter than those who might take the program on a part-time basis.

During the program, students are also exposed to the school's extensive network in the business community.

"Calgary is such a strong economic market," John says.

He says students from around the world are also recognizing the asset that is Calgary and has no problem attracting international students to the program.

"We have a lot of international students in the full-time program, but we are also wanting to see a strong representation from Calgary as well," John says.

Admissions adviser Micheline Campanaro says now is the time to start planning for the September 2013 intake as applications are being accepted.

Campanaro says she is on hand to help all applicants with any questions they may have and help to determine eligibility to the program.

For more information about the Haskayne School of Business, visit haskaynemba.ca or call Micheline Campanaro at 403-220-3808.

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NFL

Chiefs' Belcher legally drunk at time of murder-suicide: Report

Kansas City Chiefs linebacker Jovan Belcher had a blood-alcohol level more than twice the legal limit when he shot his girlfriend nine times and then killed himself, an autopsy released Monday showed.

The Jackson County Medical Examiner report on Belcher, 25, raised new questions about whether police should have done more before the Dec. 1 murder-suicide. Officers found Belcher sleeping in his car about five hours earlier, but let him go.

At the time of the autopsy, Belcher's BAC was 0.17, more than twice the limit of 0.08 per cent for Missouri drivers, and it was likely higher when he shot girlfriend Kasandra Perkins, 22, at the couple's Kansas City home.

THE ASSOCIATED PRESS

MLB

Centre-fielder Rasmus signs 1-year deal with Blue Jays

The Toronto Blue Jays have avoided salary arbitration with centre-fielder Colby Rasmus, signing the 26-year-old to a one-year contract worth $4.675 million.

Colby Rasmus
GETTY IMAGES FILE

Rasmus hit 23 home runs in 2012 — tying his career high — but also posted a career-worst .223 batting average and .289 on-base percentage.

TORSTAR NEWS SERVICE

Calgary Flames goalie Miikka Kiprusoff signs autographs after training camp in Calgary on Monday. JEFF MCINTOSH/THE CANADIAN PRESS

Kiprusoff putting on a show at camp

NHL. Flames goalie already appears to be in mid-season form

Quoted

"You saw vintage Kipper again with that one save."

Flames goalie coach Clint Malarchuk, on goalie Miikka Kiprusoff. Malarchuk also noted that Kiprusoff arrived at camp in great shape.

With captain Jarome Iginla sidelined for the second straight day and Jiri Hudler gone to attend to a family emergency, the Calgary Flames were looking for something to spark the team at practice.

Goalie Miikka Kiprusoff came through on Monday when he made a highlight-reel save to deny forward Roman Horak from scoring what seemed like a sure goal during an intense scrimmage.

Kiprusoff slid from right to left across his crease and stretched his right leg out to make a pad save to turn aside Horak's shot.

"That's why he's one of the best goalies in the NHL," said Horak, who one-timed a saucer pass from Tim Jackman. "I just tried to put it on the net. Maybe I could have tried to receive it and then shot it. It was an unbelievable save."

After the save, many of the 250 or so fans in attendance at the Scotiabank Saddledome started chanting, "Kipper, Kipper."

While Iginla missed training camp because of a groin injury, Hudler was granted a leave of absence to return home to Czech Republic where his father has been admitted to hospital.

Flames coaches and players said they weren't surprised to see that their No. 1 goalie is already in mid-season form just six days before Calgary's home opener on Sunday against the San Jose Sharks, Kiprusoff's former team.

When asked about the save, Hartley replied that "Kipper was just Kipper," adding that he rates Kiprusoff as one of the top-five NHL goalies.

"I have the old line that 'You name me a good goalie and I'll name you a good team,"' Hartley said. "I know that Kipper's going to be big for us. He's working hard. He's very positive. He's eager to get going and so is the rest of the team."

During the lockout, Kiprusoff often skated with his teammates at WinSport's Markin MacPhail Centre.

"He'd be missing for a couple weeks spending time with his family and then he'd show up out of the blue on a Tuesday and he'd be doing the same thing," Matt Stajan said.

Prior to the scrimmage, Hartley and his coaching staff put the Flames through an intense 1 1/2 hour practice.

"Every time we step on the ice, we step with a purpose and that purpose is obviously to execute very well, but at the same time to have NHL game intensity," Hartley said.

That intensity carried over into the scrimmage, which featured NHL referees and linesmen.

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4 SPORTS

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Lance Armstrong has reportedly confessed to using performance-enhancing drugs. The interview with Oprah Winfrey is to be broadcast Thursday.
THE ASSOCIATED PRESS FILE

Armstrong confesses to using PEDs, source says

Interview with Oprah.
Disgraced cyclist answers questions 'honestly and candidly' during taped discussion to air Thursday

After a decade of denial, Lance Armstrong has finally come clean: He used performance-enhancing drugs to win the Tour de France.

The disgraced cyclist made the confession to Oprah Winfrey during an interview taped on Monday, a person familiar with the situation told The Associated Press. The person spoke on condition of anonymity because the interview is to be broadcast on Thursday on Winfrey's network.

The confession was a stunning reversal, after years of public statements, interviews and court battles in which he denied doping and zealously protected his reputation.

Winfrey tweeted afterward, "Just wrapped with @lancearmstrong More than 2 1/2 hours. He came READY!" She was scheduled to appear on CBS This Morning on Tuesday to discuss the interview.

Even before the taping session with Winfrey began, Armstrong's apology suggested he would carry through on promises over the weekend to answer her questions "directly, honestly and candidly."

The cyclist was stripped of his Tour de France titles, lost most of his endorsements and was forced to leave the Livestrong Foundation last year after the U.S. Anti-Doping Agency issued a damning 1,000-page report that accused him of masterminding a long-running doping scheme.

Armstrong huddled with almost a dozen people before stepping into a room set up at a downtown hotel in Austin, Texas, for the interview.

The group included close friends and advisers, two of his lawyers and Bill Stapleton, his agent, manager and business partner. They exchanged handshakes and smiles, but declined comment when approached by a reporter. Most members of that group left the hotel through the front entrance, although Armstrong was not with them.

No further details about the interview were available immediately because of confidentiality agreements signed by both camps. But Winfrey promoted it as a "no-holds-barred" session, and after the voluminous USADA report — which included testimony from 11 former teammates — she had plenty of material for questions. USADA chief executive Travis Tygart, a longtime critic of Armstrong's, called the drug regimen practised while Armstrong led the U.S. Postal Service team "the most sophisticated, professionalized and successful doping program that sport has ever seen."

Armstrong is said to be worth about $100 million. But most sponsors dropped him after USADA's scathing report — at the cost of tens of millions of dollars — and soon after, he left the board of Livestrong.
THE ASSOCIATED PRESS

Quoted

"Lance could have a positive impact if he tells the truth on everything. He's got to be completely honest."

Betsy Andreu, the wife of former Armstrong teammate Frankie Andreu. Andreu was one of the first to publicly accuse Armstrong of using performance-enhancing drugs.

Livestrong meeting

Armstrong stopped at the Livestrong Foundation, which he founded, on his way to the interview and told about 100 staff members, "I'm sorry."

- A person with knowledge of that session said Armstrong choked up and several employees cried during the visit.
- "Heartfelt and sincere" is how Livestrong spokesman Katherine McLane described his speech.

Just do it

McIlroy signs with Nike

Rory McIlroy and Tiger Woods are on the same team now — at least when it comes to sponsorship.

McIlroy officially made the switch to the swoosh on Monday as Nike confirmed one of the worst-kept secrets in golf, announcing it had signed a multi-year deal with the top-ranked Northern Irishman.

The deal means Nike now has golf's two biggest names representing its brand, as Woods has been with the sportswear company since turning pro in 1996. Nike did not disclose any financial details of the deal, but industry observers have estimated that McIlroy will be paid up to $20 million a year to use the company's equipment and apparel.
THE ASSOCIATED PRESS

Rory McIlroy celebrates winning the PGA Championship on Aug. 12, 2012. THE ASSOCIATED PRESS FILE

Tennis. Immune-system illness spawns Williams sister's 'Venus A.D.'

Venus Williams has made the dietary leap from steak lover to vegan, but admits that in times of weakness she is a "cheagan."

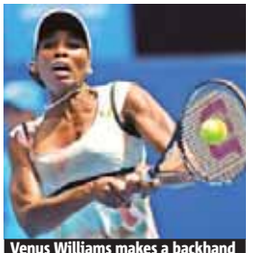
That's Venus-talk for a cheating vegan.

"If it's on your plate, I might get to cheat. If you're sitting next to me, good luck. You turn your head once and your food might be gone," the seven-time Grand Slam winner said, in good spirits after starting her Australian Open campaign Monday with a quick 6-1, 6-0 win over Galina Voskoboeva. "I think it's pretty well known I'm a cheagan. I'm not perfect, but I try."

On her website the 32-year-old American refers to this phase of her life as "Venus A.D." — Venus After Diagnosis.

Food is not the only difference between then and now, but it is one of the big lifestyle changes Williams has made since being diagnosed in 2011 with Sjogren's syndrome, an immune-system illness that had caused her years of mysterious symptoms such as shortness of breath, fatigue and muscle pain.

Williams went public with her illness after withdrawing from her second-round match at the 2011 U.S. Open and then took seven months off tennis.
THE ASSOCIATED PRESS



Venus Williams makes a backhand return to Kazakstan's Galina Voskoboeva on Monday.
ROB GRIFFITH/THE ASSOCIATED PRESS

Raonic clears first round

Canada's Milos Raonic overcame a shaky start to win his opening match at the Australian Open.

- Raonic dropped the first set but reversed his momentum to score a 3-6, 6-1, 6-2, 7-6 (0) victory over Jan Hajek of Czech Republic to advance to the second round on Tuesday.
- The right-hander from Thornhill, Ont., used his power serve to bomb Hajek with 30 aces in a victory lasting just over two and a half hours.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	24	12	.667	—
New York	24	13	.649	1/2
Indiana	23	15	.605	2
Brooklyn	22	15	.595	2 1/2
Chicago	21	15	.583	3
Atlanta	21	16	.568	3 1/2
Boston	20	17	.541	4 1/2
Milwaukee	19	17	.528	5
Philadelphia	16	22	.421	9
Toronto	**14**	**23**	**.378**	**10 1/2**
Detroit	14	24	.368	11
Orlando	13	24	.351	11 1/2
Charlotte	9	28	.243	15 1/2
Cleveland	9	30	.231	16 1/2
Washington	7	28	.200	16 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
Oklahoma City	30	8	.789	—
L.A. Clippers	29	9	.763	1
San Antonio	29	11	.725	2
Memphis	24	12	.667	5
Golden State	23	13	.639	6
Denver	23	16	.590	7 1/2
Houston	21	17	.553	9
Portland	20	17	.541	9 1/2
Utah	21	19	.525	10
Minnesota	16	19	.457	12 1/2
L.A. Lakers	16	21	.432	13 1/2
Dallas	16	23	.410	14 1/2
Sacramento	13	24	.351	16 1/2
Phoenix	13	27	.325	18
New Orleans	11	26	.297	18 1/2

Monday's results
Washington 120 Orlando 91
Boston 100 Charlotte 89
Chicago 97 Atlanta 58
L.A. Clippers 99 Memphis 73
Dallas 113 Minnesota 98
Utah 104 Miami 97
Oklahoma City 102 Phoenix 90
Cleveland at Sacramento
Sunday's results
New York 100 New Orleans 87
Milwaukee 107 **Toronto 96**
Brooklyn 97 Indiana 86
San Antonio 106 Minnesota 88
Denver 116 Golden State 105
Oklahoma City 87 Portland 83
L.A. Lakers 113 Cleveland 93
Tuesday's games — All Times Eastern
New Orleans at Philadelphia, 7 p.m.
Indiana at Charlotte, 7 p.m.
Toronto at Brooklyn, 7:30 p.m.
L.A. Clippers at Houston, 8 p.m.
Portland at Denver, 9 p.m.
Milwaukee at L.A. Lakers, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Portland	37	23	12	1	1	116	106	48
Worcester	37	19	15	1	2	97	110	41
Providence	35	19	14	0	2	88	97	40
Manchester	37	17	16	2	2	102	98	38
St. John's	38	16	20	1	1	92	113	34

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	35	20	9	3	3	116	85	46
Bridgeport	38	18	16	2	2	121	125	40
Albany	34	14	13	1	6	90	93	35
Connecticut	37	15	18	3	1	98	118	34
Adirondack	35	15	18	1	1	83	100	32

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	37	24	8	2	3	131	100	53
Binghamton	35	23	8	1	3	113	86	50
Hershey	38	19	17	1	1	100	92	40
W-B/Scranton	37	17	17	2	1	87	94	37
Norfolk	35	14	18	2	1	87	107	31

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Toronto	36	22	11	1	2	124	91	47
Lake Erie	39	20	16	2	1	121	121	43
Rochester	36	19	14	2	1	123	112	41
Abbotsford	36	17	12	3	4	81	78	41
Hamilton	36	13	19	1	3	78	115	30

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	36	21	11	2	2	113	99	46
Milwaukee	37	17	14	3	3	97	107	40
Rockford	38	19	17	1	1	116	114	40
Chicago	34	17	12	3	2	90	93	39
Peoria	38	17	17	2	2	92	118	38

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	39	23	11	2	3	122	98	51
Texas	38	22	11	3	2	102	94	49
Houston	38	18	13	4	3	108	106	43
Oklahoma City	38	18	15	2	3	118	122	41
San Antonio	40	16	20	0	4	100	114	36

Note: Two points awarded for a win, one for an overtime or shootout loss.
Sunday's results
Toronto 2 St. John's 4
Portland 3 Worcester 1
Manchester 1 Providence 2
Bridgeport 5 Albany 4
Connecticut 0 Hershey 5
Texas 3 Oklahoma City 0
Peoria 3 Milwaukee 2 (SO)
Charlotte 2 Houston 1 (OT)

GOLF

PGA

SONY OPEN
At Honolulu, Hawaii
Final Round
Par 70

Russell Henley, $1,080,000	63-63-67-63—256
Tim Clark, $604,800	64-66-66-63—259
Charles Howell III, $324,800	66-64-67-66—263
Scott Langley, $324,800	62-66-65-70—263
Matt Kuchar, $204,400	66-63-70-65—264
Brian Stuard, $204,400	66-68-65-65—264
Chris Kirk, $204,400	68-62-68-66—264
Jeff Overton, $173,600	65-68-67-65—265
Harris English, $145,600	69-69-62-66—266
Marc Leishman, $145,600	67-68-64-67—266
Dicky Pride, $145,600	68-67-64-67—266
Pat Perez, $145,600	68-63-67-68—266
Shane Bertsch, $112,000	69-67-65-66—267
Danny Lee, $112,000	66-66-66-69—267
Josh Teater, $89,600	70-68-65-65—268
Justin Hicks, $89,600	69-68-64-67—268
Scott Piercy, $89,600	64-64-72-68—268
Scott Gardiner, $89,600	68-64-65-71—268
Matt Jones, $89,600	66-68-64-70—268
Webb Simpson, $60,667	66-69-68-66—269
John Rollins, $60,667	68-66-70-65—269
Vijay Singh, $60,667	67-67-68-67—269
Stephen Ames, $60,667	**65-67-70-67—269**
Ricky Barnes, $60,667	70-65-66-68—269
Y.E. Yang, $60,667	70-68-68-63—269
Kevin Streelman, $41,440	71-67-66-66—270
Charlie Wi, $41,440	67-69-69-65—270
Also:	
David Hearn, $33,208	**67-70-66-68—271**
Brad Fritsch, $26,376	**67-70-67-68—272**

NFL

DIVISIONAL PLAYOFFS

SUNDAY'S RESULTS
Atlanta 30 Seattle 28
New England 41 Houston 28
SATURDAY'S RESULTS
Baltimore 38 Denver 35 (2OT)
San Francisco 45 Green Bay 31

CONFERENCE CHAMPIONSHIPS

SUNDAY'S GAMES — All Times Eastern
NFC — San Francisco at Atlanta, 3 p.m.
AFC — Baltimore at New England, 6:30 p.m.

SUPER BOWL

SUNDAY, FEB. 3
At New Orleans
AFC vs. NFC champions, 6 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Only you know how much effort you have put into a task of some kind, so don't let anyone tell you that you should have done more. In a matter of days, your confidence will receive a much-needed boost. You're doing OK.

♉ Taurus
April 21 - May 21
If you are serious about a long-term goal then you need to get working on it right now. Even relationships must take a back seat while you make your mark. A job done well will bring you satisfaction.

♊ Gemini
May 22 - June 21
Your confidence will bloom today and everyone will be impressed by your dynamic manner. In fact, the higher you aim over the next few days, the more likely it is you will succeed. Don't hold back.

♋ Cancer
June 22 - July 23
Cosmic activity in your opposite sign of Capricorn indicates that major changes are possible, but you must be the one who makes the first move. Yes, mistakes have been made but things are not as bad as they seem.

♌ Leo
July 24 - Aug. 23
If you feel the need to open up about your feelings, now is the time because you are guaranteed a positive response. In fact, you will be surprised how easy it is to confide in people and how readily they confide in you.

♍ Virgo
Aug. 24 - Sept. 23
Today's beneficial aspects will reveal new possibilities and make you realize that you have been worrying for no good reason. Chances are you will soon be made the proverbial offer you simply cannot refuse.

♎ Libra
Sept. 24 - Oct. 23
The higher you aim, the more you will accomplish and the more you accomplish, the more you will feel good about yourself. Success and popularity are yours for the taking. It doesn't get much better than this.

♏ Scorpio
Oct. 24 - Nov. 22
Don't sit at home thinking about what might have been. Get out there into the world and do something dynamic. The next few days are going to be crucial to your emotional and mental wellbeing, so be positive.

♐ Sagittarius
Nov. 23 - Dec. 21
Cosmic activity in the money area of your chart urges you to try something new, especially if you are not getting as much as you would like from your career. You need to be more adventurous. Is that so hard?

♑ Capricorn
Dec. 22 - Jan. 20
You can now start moving forward again after a period when you seemed to chop and change and get nowhere. Be brave, be bold and be ready to travel in a new direction over the next few days.

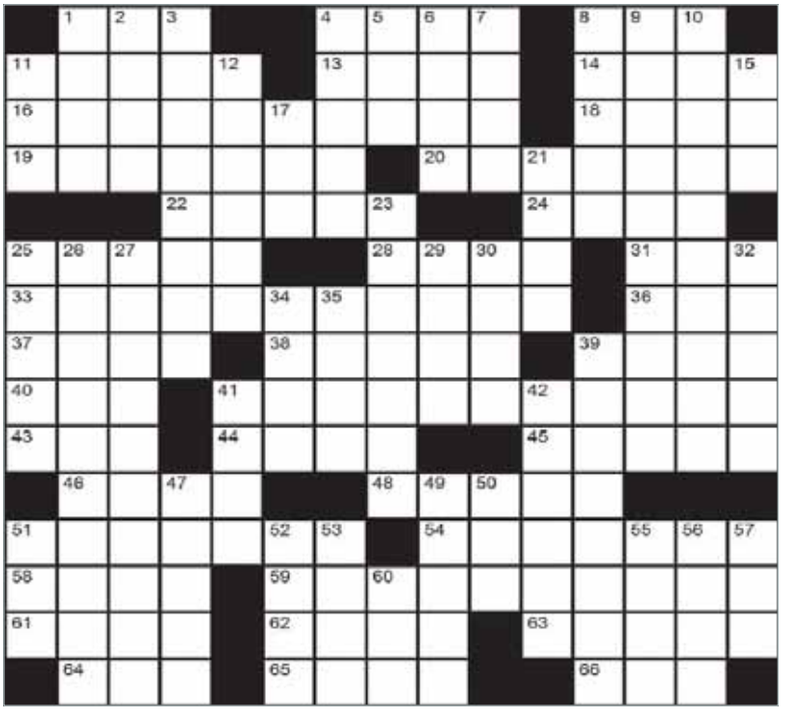
♒ Aquarius
Jan. 21 - Feb. 19
Believe it or not it is impossible for you to fail. So, the more risks you take now, the more you will achieve. Aim to be the best at what it is you do best. Anything is possible if you want it enough.

♓ Pisces
Feb. 20 - March 20
You may be of the opinion that if you talk tough, you will get what you want. But why risk alienating people when you can just as easily charm them? Say nice things and you will get nice things in return.

SALLY BROMPTON

Crossword: Canada Across & Down

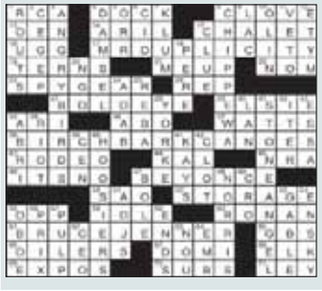
BY KELLY ANN BUCHANAN



Across
1. Great __ Sea
4. __ Breton Island
8. Sleeve
11. Charles Dickens character Edwin
13. Russian river
14. Arctic explorer John, and others
16. Nanaimo-born jazz pianist/singer: 2 wds.
18. Ship's mooring post
19. Ivy's 'grasper'
20. Brickwork
22. Fay of 1933's "King Kong", and others
24. Bread spread
25. Try
28. Director Mr. Preminger
31. Car advertisement fig.
33. Vancouver's urban oasis: 2 wds.
36. Certain ISP
37. Alan of "M*A*S*H"
38. Actress Christine
39. Farm tower
40. Family member
41. Twitter and Facebook: 2 wds.
43. Cobbler's tool
44. Boost
45. Nautical "Stop!"
46. French Polynesia island
48. Panorama
51. "The Flintstones" setting
54. Paris Hilton, for one
58. Organic compound
59. Ancient Roman greeting: 2 wds.
61. Wile E. Coyote's supplier
62. River of Florence
63. Elegance
64. Poetic nightfall
65. Church section
66. Comedy venue, __ Yuk's

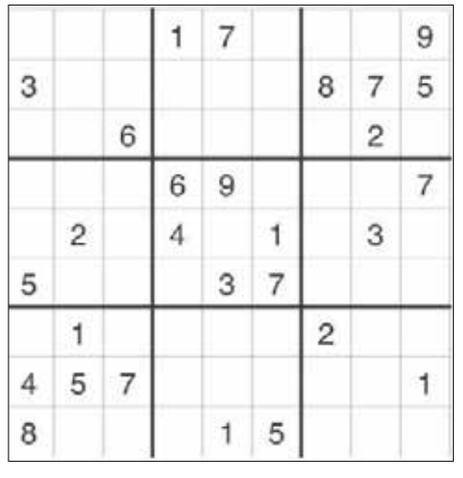
Down
1. Soft cheese
2. Welsh actor Mr. Gruffudd
3. 'Ultimate Dinosaurs: Giants from __' at the Royal Ontario Museum
4. Like permed hair
5. Southern constellation near Telescopium
6. "Gilligan's Island" tree
7. "__ Enchanted" (2004)
8. Tree: Spanish
9. Chantal Kreviazuk's hubby: 2 wds.
10. Superman's city
11. Banned pesticide
12. Hockey great Mr. Sittler
15. Farm pen
17. Car company
21. CBC Radio One host, __-Yin Lee
23. Meryl Streep movie, "__ Choice" (1982)
25. Carne __ (Mexican dish)
26. The __. __ Seaway
27. Calgary Flames rink
29. Brit's bye-bye
30. Set of three books, for short
32. Crow
34. H.G. Wells people
35. Chatter, variantly
39. In a harsh way
41. "Begone!"
42. "Flashdance" (1983) song
47. "Over the Rainbow" co-composer Harold
49. Ms. Sevigny
50. Common Market letters
51. Princess Eugenie's sis
52. Canadian figure skater Patrick
53. Ex-Idol judge Ms. DioGuardi
55. Biblical twin
56. Regina's prov.
57. Jr.s' fathers
60. Bill, for short

Yesterday's Crossword

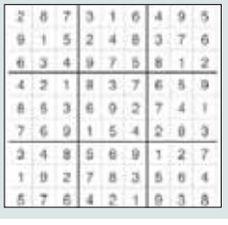


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 5° MIN: -3°	MAX: 7° MIN: 3°	MAX: -2° MIN: -10°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ METEOROLOGIST
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WEEKDAYS 5:30 AM

GOD'S PROMISE FOR ME!
When I call on God, He will answer;
He will be with me in trouble.
He will rescue and honor me.
(Psalm Psalm 91:15)
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